



Harwich Community Center Newsletter

Jan./Feb. 2016



Town Offices Closed on Friday January 1st for New year's and Monday Jan. 18th for Martin Luther King Jr. Day, and Monday, February 15th for President's Day.

FREE HOME SAFETY ASSESSMENTS WITH HARWICH FIRE & COA

The Harwich Fire Dept. & COA continues to carry out the grant "Remembering When, A Fire and Fall Prevention Program". We conduct FREE home safety assessments, including checking your smoke detectors and carbon monoxide detectors for dates and to see if they are in good working order. We will also look for fall or trip hazards and other safety concerns. Appointments are taken on a 1st called/in 1st served basis. Please call 508-430-7550 to make your appt. today. The **Home Assessment dates are: Thursday, January 14th, Wednesday, January 20th and Monday January 25th All between 9:00-12:00 one hour for each appointment booked.** When you call, please tell us your address and when your home was built. If it was before 1975 it was not required to have the smoke detectors hardwired and this is important for us to know BEFORE we come to your home.

COUNCIL ON AGING WINTER WEATHER POLICY

We are closed due to bad weather when the Community Center is closed. The Monomoy Regional School district may have a different schedule. Listen to the radio stations **WQRC-99.9 FM**, **WXTK 95.1**, **WCOD 106.1**, & **WOMR 92.1** all are FM stations, for announcements of area closings. The Emergency Mgmt. Dir determines whether meals are served or not to protect the safety of our seniors. If we do cancel a meal, when physically possible, we call all of those who have a reservation for that day.

SNOW REMOVAL

The COA, Recreation Dept. and the High School **DO NOT** have lists of anyone who snow plow or shovel walkways. Plan ahead. Contact a service that will keep you on their list for this year.

ATTENTION SNOW BIRDS

Please help us save paper and on postage by informing us if you are away for the Winter or an extended period of time. OR...if you used to be a Snowbird and travel for the Winter and **no longer do**-please update our records by calling the COA.

EMERGENCY CALLS In horrible storms, when we lose power, have a lot of snow and the Shelter at the Cape Cod Regional Vocational Technical High School in Harwich is open, if you do NOT currently receive a call to check on your well being from the COA Director, and to see if you need to be transported to the shelter or one of our community partners, and you WANT this type of call, please call Barbara-Anne Foley at 508-430-7550 ext. 10 and leave her a voicemail with your name and phone # to call you back for more info.

Council on Aging Staff

Executive Director

Barbara-Anne Foley
508-430-7550 ext. 10

Executive Assistant

Gale Crowell
508-430-7550 ext 11

Social Services Coord.

Kevin Grunwald
508-430-7551 ext 12

Town Nurse, Susan Jusell

508-430-7505

Outreach Asst./Volunteer

Coordinator, Rick Anderson & for Medical Rides:

508-430-7550 ext 13

Cranberry Coach COA Van

508-241-1566

Van Drivers: Dan Eldredge
& Dana DeCosta

COA Fax Number

508-430-7530

Travel Phone

508-430-4710

Senior Dining Site

508-430-7550

Friends Bus

508-432-6872 please leave a
Msg. on their answering
machine

Harwich Community Center

508-430-7568

Meals on Wheels

508-430-1991

To cancel a Meal from

**"Meals on Wheels" call 508
-394-4630 ask for the Nutri-
tion Dept. telling them you
live in Harwich.**

BLUE LIGHT SPECIAL



By Donna Tavano, Elder Affairs Liaison-Harwich Police Dept.

Scam I Am

Many religions consider this the season of quiet reflection. Even the secular among us consider "tis the season to be jolly!" Why, then, does our reality appear to be just the opposite? We are bombarded daily with holiday social demands, never-ending, annoying television ads and extremely disheartening incidents of local and global violence. Now, adding to this disturbing mish-mash, the Treasury Inspector General for the Tax Administration advises that IRS scam activity is up---way up. Since October 2013, there have been 290,000 IRS scam calls, with 3,000 of us conned into losing 14 million.

The criminals alter their phone numbers to look like they are calling from an IRS office. They threaten arrest or loss of your Drivers License if you do not "pay up" immediately. They may even know the last four digits of your social security number. Then, they direct you to use a prepaid debit card or instruct you to wire the money to them (both methods ensuring the funds cannot be traced and you will never get it back.) They may entice you by advising you have money owed you, or that your ID has been compromised and they need personal information to assist you in solving the problem. It's all LIES, LIES, and more LIES! They live up to their names: liars, scoundrels and thieves.

The real IRS, (although not a particularly beloved government agency) always contacts by mail, and never demands immediate payment. As usual with the government, the wheels grind slowly, and would most likely take years to work out, if you actually had a problem. They never request credit card numbers or other personal information by e-mail, text or social media. The Harwich Police received ten complaints/questions in just one morning recently from residents who received these scam calls.

Everyone should have caller ID and an answering machine. If you are not personally familiar with the number you see when the phone is ringing---do not pick up. Let the call go to the answering machine. If a questionable message is left, do not call back. Instead, call or visit the police (508) 430-7541, or ask a neighbor, family member or friend to check it out. To be safest, request a non-published phone number that you only give to family, friends, doctors and those closest to you. It could well be that by not being smart, you will not only lose money or your identity. It is possible the illegal monies stolen may fund drug cartels or even ISIS. Now, I'm sure you don't want to be a part of that!



Know this, my friends, that for every bad person out there seeking to harm you, rest assured you have dozens more concerned neighbors, friends and public safety personnel to protect and help you. This holiday season, and in the New Year, take comfort, and give thanks, for all the good people who live and work among us every day.

Notes from the Outreach Office

"And for the season it was winter, and they that know the winters of that country know them to be sharp and violent, and subject to cruel and fierce storms." William Bradford (1590 - 1657), *Of Plymouth Plantation*

Welcome to Winter and 2016: While we only have to look to last winter to be reminded of those "cruel and fierce storms", we have been fortunate to have had a beautiful November and December to this point. As we know weather forecasting is an inexact science, but I have it on good authority that due to a very strong El Nino current on the west coast we should have a milder winter than normal. Check back with me in March to see if this prediction came true; I'm sure you'll let me know if I was wrong! Regardless, it's important to be ready for the impact of winter weather including preparation for power outages, snow removal and medical concerns. If you would like assistance in reviewing your winter preparedness plan please contact one of the COA staff to do that.

Fuel Assistance: We will continue to accept applications for the Fuel Assistance program, which operates from Nov. 1 through April 30. To apply call the COA Outreach office at 508 430-7551 to schedule an appointment with Kevin or Rick. There is a fair amount of documentation that is needed for the application, and if you call we can send you a list of all of the documents that you'll need.

Brown Bag Food Program: This is a monthly food program that continues to grow in popularity. It provides 13-16 pounds of groceries every month, including some perishable food items. If you are interested in participating you will need to complete an application as required by the USDA. If you have any questions please feel free to call Kevin at 508 430-7551; extension 12.

Men's Breakfast: In December avid hikers Mark and Patti McGrath shared their adventures of hiking the perimeter of Cape Cod. Our next breakfasts are scheduled for January 8 with Harwich's own Matt Pitta, host of "Cape Cod This Morning" heard on radio station WFCC. On February 12 someone will be joining us from the Harwich Historical Society to talk about an aspect of Harwich history. Breakfast is from 9:00 -10:00 AM, and while there is no charge, please contact Kevin at 430-7551 ahead of time to register.

Men's Book Group: The Men's Book group meets on the second Friday of every month, immediately following breakfast. In December we read Boston Strong by Casey Sherman and Dave Wedge. In January we hope to read In the Heart of the Sea by Nathaniel Philbrick. All books chosen are generally available at Brooks Free Library. Please join us from 10-11, even if you haven't read the book. We welcome your suggestions for new books to read!

Volunteering: Please join us in welcoming our newest volunteers; Jake Burwell, Lorin Morgan, Jim Desrochers, There are many opportunities to contribute here at the COA including working in the kitchen, covering the reception, greeter or travel desks, becoming a Friendly Visitor, providing telephone reassurance calls, and joining the cadre of medical drivers. If you are interested in becoming a volunteer please contact Rick at 430-7550, ext. 13.

Happy Holidays to All!

Kevin & Rick



HARWICH COMMUNITY CENTER HAPPENINGS

January 11th & February 16th - Red Cross Blood Drive, 10am-3pm

January 28th & February 9th CC Hospital Blood Drive, 9AM-3PM

January 5th and February 2nd -**Take Back Your Health**, 11a.m.-12:00 p.m. & 6:00 p.m.-8:00 p.m.
(Subjects TBA)

Conservation Trust Winter Talks: January 2:00 \$5 donation

January 9th: The Outermost House: Henry Beston's Cape Cod.

January 22nd 5:00 -9:00 p.m. Candy Bar Bingo



January 23rd: Great White Sharks in the North Atlantic: Awareness Inspires Conservation.



January 30th The Birds and the Bees: Native Pollinators in Your Backyard.



JANUARY 29TH

SAND DUNES SWING ENSEMBLE CONCERT
7-8:30 P.M.



Conservation Trust Winter Talks:

February 2:00 \$5 donation

February 6th: Beneath the Waves: Exploring Pleasant Bay

February 13th: Cape Cod Weather: Where Ocean, Land & Air Meet

February 27th: Vernal Pools: Our Backyard Ecosystems

February 16, 17, 18, 19, 20, 9a.m.-3p.m. Drivers Ed

February 17, 5pm-9pm Family Fun Night

March Saturday, March 5th, three shows (10 am, 1pm & 3pm)
10th Annual "Eyes On Owls" – Live Owl Program

Harwich Community Center Gym

Tickets are \$5 for ages 5 to 11 and \$10 for ages 12 to adult
(Not recommended for under age 5)

Marcia and Mark Wilson return to the Harwich Community Center with their owls to amaze us once again. See great-horned, snowy, barred, screech, and saw-whet owls as well as the spectacled owl from South America and the Eurasian eagle owl, the largest owl species in the



FEBRUARY 25TH

SAND DUNES SWING ENSEMBLE CONCERT 7-8:30 P.M.

TRIVIA CHALLENGE IS BACK ON!

Trivia Challenge will resume weekly on **Monday afternoons at 1:00 p.m.** This is a very fun and social activity that truly **ANYONE** can participate in. Even if you don't know the answers, it is fun to listen and learn and meet new friends! **Please sign up ahead by calling 508-430-7550.** Maybe if we get a really great Trivia Team we could challenge other local Councils on Aging! **If we do not have more than 3 participants we will discontinue this activity.** **Mondays, Jan 18th and February 15th are both holidays and Town Offices are all closed.**

FOOT CARE CLINICS WITH BETTY BRADY

The COA Foot Clinics are by appt. only and the fee is \$35. The dates for the upcoming clinics are: **Friday, January 8th & Wed. Jan. 27th. Friday, Feb 12th & Wed. Feb 24th.** Gift Certificates are also available and make a nice gift for a friend or family member. To make your appt. call 508-430-7550 today.



CRIBBAGE IS FUN

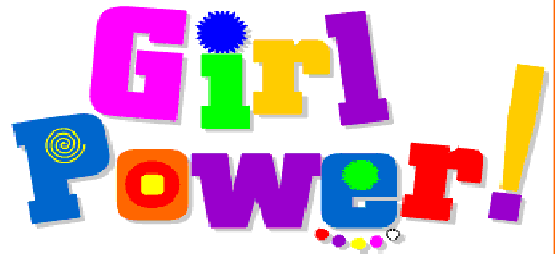
The Thursday afternoon cribbage group continues here at the Harwich Council On Aging at 1.PM . Open to all, beginners, novices, and skilled. Fun for all and a great way to meet New friends. To sign up please call (508) 430-7550 or drop in. Contact Rick Anderson, Volunteer Coordinator for more information.

BRIDGE II WILL SEE YOU IN MARCH!!

Nancy Blezard will be taking January and February off from Bridge II and her course will resume in March. The dates will be announced in the March/April 2016 newsletter.

GIRL POWER WILL RESUME IN MARCH 2016-CALLING ALL WOMEN MENTORS NOW!!

This program designed by Director, Barbara-Anne Foley encompasses 4 precepts to each class: Journaling together, making and eating a healthy snack, listening to a community speaker, and ending each session with a fun form of exercise. The class is typically a 4 week commitment, meeting one day each week from 3:45 p.m.-5:00 p.m. It is an all girl program to empower elementary through middle school age students. It encompasses Team Building, Respect, learning about Healthy Nutrition, New Friendships that often last well beyond the 4 weeks.....and most importantly **HAVING FUN!**



Dates and days of the week to be announced as we get closer and work with the schools. We will need a minimum of 10 women between the ages of 60-80 to participate with us in this program. If you are able to make this brief commitment, we will need to do a CORI check (Criminal background check) on each of our volunteers. If you are interested, please contact Barbara-Anne Foley, by calling 508-430-7550, Ext. 10 and leave her a voicemail with your name and phone number. **THANK YOU!!**

EXERCISE PROGRAMS

All classes require a check the first week they begin, made payable to the Town of Harwich, and participants are required to show a valid Massachusetts Driver's License or a Photo I.D. to the instructor. Unless otherwise noted all classes are a show up on "day one" to register and exercise. No pre-registration is required.

DANCERSIZE-MOVEMENT TO MUSIC with Instructor Elaine Spiezio CLASSES: TUESDAYS & THURSDAYS 4:15 to 5:15 p.m. The fee is \$45 for 4 weeks of classes. **Join Us ANYTIME** for an hour class starting with Mild Chair Stretches. Have some Fun with Low Impact Dancing, followed with a Cool Down Routine to Help Relax and Re-Energize! All done to music that everyone enjoys. **ANYONE CAN TRY – ALL AGES – NO EXPERIENCE NECESSARY!**

SUPERFIT AND SENIORFIT WITH CHARLIE ABATE

Every **Wed. and Fri.** Charlie offers a total body fitness program. He fuses stretching, hand weights, calisthenics, and movement exercises into a dozen unique musical routines that are easy to follow, invigorating, and loads of fun. You'll revitalize all your major muscle groups while you move and groove to the beat of the best music. Best of all you'll love your growing confidence and stamina. Pick the level that suits you best: **SUPERFIT 8:30-9:30 am** is a powerful hour that includes floor work on mats. For a slower, gentler workout with no work done on the floor, you'll love **SENIORFIT 9:30-10:30 am**. **Next session is January 6, through Feb. 12th 2016: Fee (\$38) per 6 week session.** Register now to reserve a space by contacting Charlie at 508 432-0370. Also ask how you can try out a free demo class.

MINDFUL YOGA BY KATHIE MARIN

Mindful Yoga Classes by Kathie Marin will be held at the Harwich Community Center, **Friday mornings: No classes in January. February 5th, 12th, 19th and 26: 9:00-10:15 a.m., the cost is \$8.00 per class.** Hatha yoga postures and stretches are done sitting in a chair and also standing. Emphasis is placed on meditation, bringing awareness to the present moment and connecting the breath to the movement of the body. Contact the instructor to sign up: Kathie Marin at krmarin@msn.com or call 508-430-8623.

HATHA YOGA WITH MICHELE INSLEY HATHA YOGA WITH MICHELE INSLEY - Hatha yoga classes offered throughout the year and welcome all levels. Postures and stretches are used in combination with the breath and humor to stretch the muscles, strengthen joints, improve balance and have fun! Participants are encouraged to develop proper alignment in the poses and cultivate a calm mind. Each class ends with a long relaxation. Classes are currently being offered every Tuesday, Thursday & Saturday, from 9-10:30am at the Harwich Community Center. COST=\$15 per session, \$60 for 6 sessions. For more information or to inquire about classes over the holidays, please contact Michele Insley, E-RYT at micheleinsley@gmail.com or 508-360-7227.

TAI CHI/CHI GUNG-GEOFFREY CARLSON The Tai Chi/Chi Gung class will continue focusing on the Yang-Style 37 Move Short Form, with additional Chi Gung practice. Six week course fee: \$42 or \$7 per class. This class combines the slow movements inspired by Tai Chi and Chi Gung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness" – remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor is Geoffrey Karlson. The class meets on **Tuesdays, 10:30-11:30. No class Jan. 26th.**

MARY ANN DEMELLO-AEROBICS/EXERCISE BALL

Burn fat with 25 Minutes of low impact-aerobics and 25 minutes of great abdominals and resistance training using the Exercise Ball! **Tuesdays at 8:30 am –9:30 a.m. and Thursdays at 9:30 a.m.-10:30 a.m.** The cost is \$8.00 per class or 2 classes for \$15 and it is pay as you go. Call Mary Ann at 774-994-0061 for questions about her personal training or her classes.

Senior Dining Program Menu JANUARY 2016

Please call 430-7550 for reservations by 11am the day prior to the meal you want to attend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		.			1. CENTER IS CLOSED	2.
3.	4. Supper Club Shrimp with Rice & Veggie- Dental Stu- dents Oral Presenta- tion	5. Italian Sausage with Ziti-Salad & Garlic Bread	6. Grilled Cheese & Tomato Soup with Chips	7. Bubba Burgers with French Fries and Cole- slaw	8. Linda's Homemade Clam Chowder & Tuna Roll with Chips MEN'S BREAKFAST	9.
10.	11. Supper Club Orange Chicken with Rice & Veggie Brian Kelly-Guitar	12. Linda's Home- made Pizza and Salad	13. Salisbury Steak with Potato & Veggie	14. Beef Stew and Roll	15. Grilled Ham & Swiss with Chips	16.
17.	18. CENTER CLOSED MARTIN LUTHER KING JR. DAY	19. Grilled Chicken Sandwich with Let- tuce & Tomato and French Fries	20. Veggie Las- agna with Salad	21. Beef Stir Fry with Rice	22. Chicken Salad Roll with French Fries	23.
24.	25. Supper Club Roast Pork with Potato & Veggie Gino Sings Sinatra	26. Turkey Reuben with French Fries & Coleslaw	27. Pastrami & Swiss with Soup	28. Chicken Parme- san with Ziti & Salad	29. Beef Fajita Bowl	30.
31.						

& for any cancellations. Menu items subject to change by COA Chef.

Senior Dining Program Menu FEBRUARY 2016

Please call 430-7550 for reservations by 11am the day prior to the meal you want to attend

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1. Supper Club Baked Scallops with Potato and Veggie	2. Chicken stuffed with Broccoli & Cheese- Rice & Veggie	3. Taco Boat with Rice	4. Ham & Cheese Sandwich with Soup	5. Cheeseburger with Chips
7.	8. Supper Club Chicken Marsala with Rice & Veggie Gino Sings Sinatra	9. Hot Roast Beef Sandwich with Potato & Veggie.	10. Baked Fish with Potato & Veggie	11. Veggie Quiche with Garden Salad	12. Crabmeat Salad Roll with French Fries & Coleslaw MENS BREAKFAST
14..	15. CENTER CLOSED PRESIDENT'S DAY	16. Swedish Meatballs with Noodles & Veggie	17. Steak & Cheese Sandwich with French Fries	18. Sloppy Joes with Chips & Coleslaw	19. Tuna Roll with French Fries & Coleslaw
21.	22. Supper Club Meatloaf with Mashed Potato & Veggie	23. Stuffed Shells with Garden Salad	24. Fish Sandwich with French Fries & Coleslaw	25. Turkey & Cheese Sandwich with Lettuce & Tomato. Soup & Chips	26. Macaroni & Cheese
28.	29. Supper Club Baked Fish with Potato and Veggie				

& for any cancellations. Menu items subject to change by COA Chef.

BREAKFAST AT EPOCH OF HARWICH-JOIN US!!

HARWICH—EPOCH Senior Healthcare of Harwich will host a Harwich Council on Aging (COA) breakfast on **Friday, January 29th at 8 a.m. and Friday, February 26th at 8 a.m. with a speaker at each.** These breakfasts are **FREE** and open to the public. For more information or to reserve your space, please call **508-430-1717**. EPOCH is located at 111 Headwaters Drive just off Route 124.



Reiki & Zero Balancing Treatments

Reiki is a Japanese word meaning universal life energy. Reiki addresses the imbalances in the body. It is a method of hands-on treatment that gently and powerfully promotes good health and well-being. Reiki can alleviate pain and stress, promote restful sleep, healing and relaxation. One of the greatest benefits may be the opportunity to let go and enjoy the peace of being nurtured and cared for. **Diane C. Thibodeau is a Reiki Master Teacher** who is offering an abbreviated 20- minute treatment. Next Reiki Clinic will be on **Tuesday, February 16th** by appt.

Zero Balancing is with Marcia Moeder, R.N. **January 6th 10-12:00 by appt..** Deeply relaxing and energizing. Promotes wellness and balance.

To schedule your appt. with Diane or with Marcia please call 508-430-7550 .

ALZHEIMER'S SUPPORT GROUP FOR PATIENTS AND FAMILIES

The Alzheimer's Family Support Center of Cape Cod and the Harwich Council on Aging are partnering to offer a **NEW** Alzheimer's Caregiver Support Group on the first & third Wednesdays of the month, 10:30-12 pm, **Dates: January 6th & 20th and February 3rd & 17th.** An activity group for people with cognitive impairment will run concurrently, to allow all to attend. These groups are being offered **FREE OF CHARGE**, thanks to the generous support of the "Remembery Walk Fund" & the Alzheimer's Family Support Center of Cape Cod. Caregiver support group facilitator: Fran Lavin, RN, Activity group facilitator: Gail Bunnell. For more info., to sign up for the group, or to find out more about their free services, contact the **Alzheimer's Family Support Center (508) 896-5170.**

CRANBERRY COACH VAN SCHEDULE

MONDAYS ARE SUPPER CLUB NIGHT SERVING AT 5:00 P.M.

Mondays: Jan 4 Cape Cod Mall/Kmart. Jan 11th Market Basket Jan 18 Martin Luther King Day the Center is closed. Jan. 25th Thrift Store Extravaganza. Feb. 1st WalMart Feb. 8th Market Basket . Feb. 15th President's Day the Center is closed. Feb. 22nd Orleans T.J. Max & Christmas Tree Shops Feb. 29th Trader Joes & Christmas Tree Shops Plaza.

Tuesdays: Senior Dining Program & Shaw's in afternoon.

Wednesdays: Senior Dining Program and Stop & Shop in afternoon

Thursdays: Senior Dining Program & Stop & Shop & Harwich Food Pantry in the afternoon monthly.

Fridays: Senior Dining Program and Current Events at Brooks Library

The Cranberry Coach will transport to and from any COA Program as well as bring Volunteers to COA to work. All **Monday Trips must have a minimum of 6 to make the trip.** Call 508-241-1566. You must call by the day before to make your reservation for the van for any program.

JANUARY/FEBRUARY & BEYOND TRIPS Trips with Funtastic Getaway



Saturday, January 30, 2016 “Cabaret” Providence Performing Arts Center Orchestra Seating 2pm Matinee & free time at Providence Place Mall.

\$120



Saturday, February 20, 2016 “Pippin” Providence Performing Arts Center Orchestra Seating 2pm Matinee & free time at Providence Place Mall.

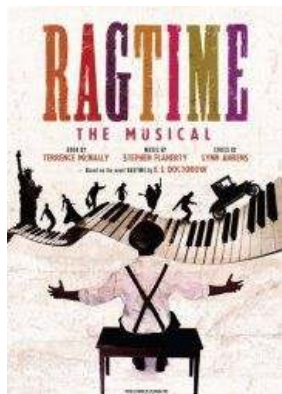
\$120

Thursday, March 10, 2016 “The Sound of Music” Providence Performing Arts Center Orchestra Seating 1pm Matinee & free time at Providence Place Mall.

\$115



Saturday, March 19, 2016 Boston Flower Show at the Seaport World Trade Center. The 2016 theme is “Nurtured by Nature”. Visit the Garden Marketplace to purchase gifts or kick off your own spring transformation. \$68

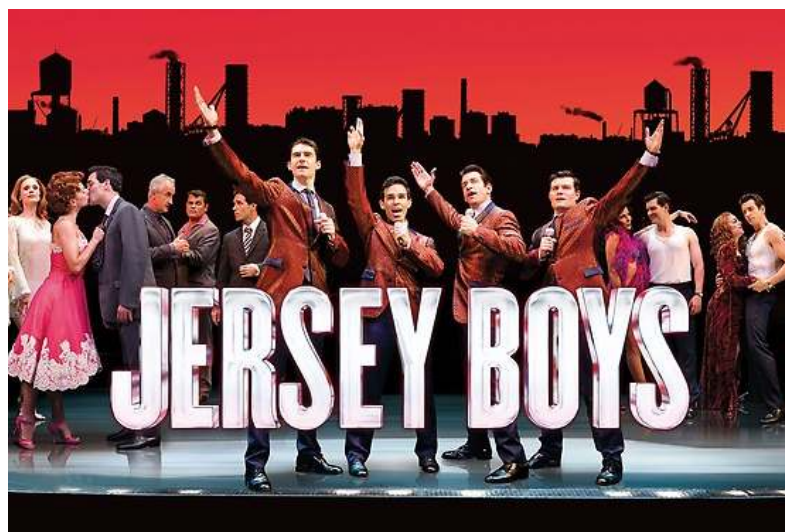


Saturday, April 9, 2016 “Ragtime” Providence Performing Arts Center Orchestra Seating 2pm Matinee & free time at Providence Place Mall

\$119

Saturday, April 30, 2016 “Jersey Boys” the story of Frankie Valli and the Four Seasons. Providence Performing Arts Center Orchestra Seating 2pm Matinee & free time at Providence Place Mall \$138

WE ARE LOOKING FOR VOLUNTEERS FOR THE TRAVEL DEPARTMENT AND A VOLUNTEER TO COORDINATE THE TRAVEL DESK AT THE COA. IF YOU ARE INTERESTED, AND CAN OFFER A FEW HOURS A MONTH WE WOULD BE MOST GRATEFUL. THIS IS A GREAT SERVICE THE COA OFFERS AND WE HATE TO HAVE IT COME TO AN END! BUT IF WE DON'T GET NEW VOLUNTEERS IT WILL!



Why You Should Start Eating Coconut Oil and These 3 Superfoods

Coconut oil use has skyrocketed over the past few years in the United States! For good reason, this fruit has many uses, is shelf-stable and can assist in metabolism, fat-burning and brain function.

A few key benefits:

Coconut oil contains an average of 60% MCT (Medium Chain Triglyceride). This type of fat is like rocket fuel for the brain and body.

The MCT can bypass most of the digestion process and is quickly used for fueling the brain and body.

Coconut oil aids digestion and increases the absorption of other nutrients and amino acids. Think of coconut oil as a transportation shuttle sending your other nutrients around the body.

Coconut oil is an antimicrobial and may be beneficial against infections, yeast and bacterial overgrowth and even athlete's foot.

Did you know human breast milk naturally contains MCT's? It is a crucial component of the diet for even the tiniest developing brain and body. Get your coconut oil for yourself and breast milk for your newborns!

3 More Super Foods

When people hear the word Superfood, they immediately think of some exotic fruit only found in the heart of the Amazon rainforest.

While the Amazon rainforest, also known as the "Lungs of the Earth" provides ingredients for 1 out of every 4 medicines, the foods we are discussing today can come from a source much closer than you may think.

Superfood #1: Spinach

Popeye wasn't joking when he said to eat your spinach. This is one of the most versatile, inexpensive, nutrient-dense and easy to grow foods.

Need more reasons to get your greens? Spinach aids digestion and can ease the intestinal damage caused by toxic, inflammatory compounds such as gluten, high-fructose corn syrup and canola oil.

Lutein is an important component of animal fats, egg yolks and plants. High levels of lutein in the eyes have been shown to enhance vision and reduce the chances of losing your eyesight with age.

Spinach is pretty minimal in taste and can be disguised by throwing a handful into a smoothie with the addition of kale, a few berries and a source of quality protein. Talk about a power, digestion and energy boost!

Superfood #2: Blueberries

Have you seen blueberries flourishing in sunlight in the garden? How can such a precious fruit not

The protection against the sun that blueberries have can provide the same effect for us. Eating blueberries can provide a natural UV protecting effect for our skin.

Blueberries are naturally low in sugar, providing a minimal insulin response and can act as a treat in someone's diet who is missing the sweet taste from the soda or candy they used to consume. **Usually, the darker the fruit, the more nutrients and vitamins it contains.** Blueberries are no exception and rate near the top of the charts for overall best fruits to consume.

Superfood #3: Eggs

Just like your grandmother gathered fresh from the coop not long ago, eggs play a beneficial part of your diet if you're looking to achieve health, strength and energy.

Most people raising livestock for eggs have ducks and chickens. If you aren't able to raise your own, chicken eggs are the most widely available and affordable.

Egg allergy is the second most common food allergy in the Western World. Some people may have an allergy to chicken eggs and can have digestive problems. In this case, I recommend switching to duck eggs as some may find relief from their distress.

Before we get into the benefits, a quick reminder is to NOT throw out the yolks! Somehow the health industry has convinced the population that egg yolks are unhealthy. More than a few restaurants and cafes offer an egg white sandwich or meal.

Often times these establishments even charge extra to have egg whites. After all, willingly throwing out beneficial compounds and nutrients should cost you!

Now, here are some of the reasons eggs should be in your fridge:

Meats and proteins are made up of amino acids. Eggs happen to contain L-Tryptophan and Tyrosine. These two amino acids directly create our energy and happiness brain chemicals.

The neurotransmitters, serotonin and dopamine which allow us to have a stable, happy and energetic mood are created from these amino acids. Next time you encounter a grumpy person, feed them an egg or two.

Raw egg yolks provide more antioxidants than an apple.

What Do Healthy Labels Mean?

There is a lot of deceptive marketing in the food industry that we may save for a more in-depth discussion. However, if something is not labeled "Organic" it's probably not. "All-natural" means nothing when it comes to your eggs and meats.

Look for a seal specifying it's organic nature or seek out the source for yourself. It can be an empowering experience to shake the person's hand who raised your food. You can always grow it yourself too.

Organic foods are always best, but non-organic meats and eggs will always be healthier than donuts and Ring Dings. Purchase what your budget allows and evaluate your other expenses. Food comes first, after rent, right?

BALANCE BOOSTERS CLASS CONTINUES!!

Joints a little stiff? wish you created time to formally stretch each day? Need movement but not ready for an aerobic class? Finding your balance is a little off?

If you answered "Yes" to any of these questions, then you should join us in the Balance Boosters Class on Tuesdays and Friday for one hour.

COA Director, Barbara-Anne Foley will continue teaching her Balance Boosters Exercise class **January 26th through March 4th 9:30-10:30.**

Fee: \$24 for 6 weeks 2 days a week-that's \$2 a class-can't beat the price! Location: Harwich Community Center 100 Oak Street Harwich. R.S.V.P or for more information please call 508-430-7550

You will be guided through an hour of stretching safely while seated in a chair using your own body, wooden dowels, foam balls and paper plates. You will feel great without being winded, warm up without feeling sweaty and give your body the stretching it needs to maintain balance and flexibility.

Telephone Reassurance Program

We offer a wonderful program here at the Senior Center that is not being used enough called Telephone Reassurance. Every week-day morning one of our wonderful volunteers call seniors that live alone to make sure they are up and alright. For most of these seniors that is the only contact with the outside world they may have that day. If the volunteer does not get in touch with that senior after a few repeat calls they notify the outreach department that follows up with a home visit-safety check. Sometimes that visit is a false alarm, still sleeping senior, didn't hear the phone, or went shopping but sometimes the senior is on the floor and isn't strong enough to get to a phone or worse.



If you live alone and might like this contact as a back up, or **If you would consider volunteering for this very important position of making the calls 7 days a week for a few minutes each call we would be most grateful!!**

Please call the Outreach department to get enrolled with the program because it is so very important. **508-430-7550 and ask for Rick Anderson.**

Friendly Visitor Program

MAKE A DIFFERENCE-SERVE AS A FRIENDLY VISITOR!!

This program is also vital for seniors who are isolated, living alone and often lonely. It provides meaningful social connection through regular home visits by compassionate volunteers. The program pairs up Volunteers with Seniors who have similar interests and hobbies and whose well-being may improve with meaningful social connection. The Volunteer is required to visit once a week for an hour. Most of our Friendly Visitors choose to exceed this hour and some visit more frequently than one day. It is a win-win volunteer opportunity, as our Volunteers tell us they feel that they get so much more out of it than they give. The seniors tell us it is often the only person they see each week in addition to their Meals on Wheels Driver. We have Student Volunteers too occasionally, and one of our famous pairs was a male student paired with a gentlemen both of who loved chess, and they would play frequently truly enjoying their time spent together. If you would like to either receive a Friendly Visitor in your home, or you would like to be a Friendly Visitor **Volunteer, please call Rick Anderson, Volunteer Coordinator, at 508-430-7550, Ext. 13, to learn more.**

BROOKS FREE LIBRARY

TECH TALK: IOS FOR BEGINNERS SATURDAY, JANUARY 30, 2016 1:30P.M.

This month's Tech Talk will cover the basics of Apple Devices such as the iPhone, iPad and iPod touch. Come learn how to navigate the settings menus along with the basics of email, web browsing, and some other popular apps. Registration is required and the program is suited for NEW users of mobile Apple products.

COLOR ME CALM! SATURDAY, JANUARY 16, 2016 1:00-3:00 P.M.

Brooks Free Library will be hosting a monthly "Color Me Calm" session. Many of us find the current pace of life rather hectic or feel that the constant presence of technology has increased access to work and other obligations, resulting in increased stress levels. Constant stimulation and unrealistic expectations have left many of us burnt out and distanced from the present moment. The Color Me Calm movement examines the meditative benefits of putting pencil to paper and offers individuals an opportunity to channel their stress and anxiety into a satisfying, creative accomplishment. Join us for a fun and relaxing, coloring pages and supplies will be provided. This program is free and open to all ages. No registration is required and the drop-in format allows for people to stay for as little or as long as they'd like. Bring a friend or the whole family! Calming music will be provided and, in an effort to facilitate the quiet, meditative mood we ask that all electronic devices be silenced during the program

HOME SAFETY ALZHEIMER'S EDUCATION CLASS

Fran Lavin, RN, will be at the COA, on **Wednesday, February 17th, 1-2:30pm**. She will be discussing ways to keep your loved ones with memory impairment SAFE. Ways to combat wandering, lighting, rugs, and routines will all be discussed. Pre-registration for this event is helpful for handout purposes. To pre-register for this informational session, please call the COA at 508-430-7550. If you would like more information about what will be covered that day, or if you are in need of Alzheimer's Support please call the Alzheimer's Family Support Center of Cape Cod at 508-896-5170.

SHINE NEWS...2016 Medicare Part B Premium

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare. Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. Those with incomes higher than \$85,000 per year (\$170,000 for a couple) will have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level.

People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare and will screen you for programs that offer assistance. Please call the Senior Center to schedule a SHINE appointment.

Friends of the Harwich Council on Aging



Mission: To Support the Harwich Council on Aging, in ways not available by Town budget and to provide for Senior needs and programs.

A Non-Profit 501C3

Membership dues, donations, bequests, fundraisers support this mission.

January/February 2016

The Friends Board of Directors hope that you and yours have a safe and uneventful winter, and that we can avoid another winter like the one we had last year. Maybe the “El Niño” in the Pacific will help.

As Winter is upon us, I urge you to be cautious in your walking to and fro outside and coming into buildings with your wet shoes or boots. And watch those wet floors, especially the tile and terrazzo ones. None of us needs a broken limb, or bad joint sprain, and we certainly do not need falling down and sustaining a concussion. Let's leave those to the NFL players! Finally, keep your walks and driveways cleared of snow, and ice – this will protect you and those visiting you.

We continue to seek volunteers to join our Friends' Board of Directors. Given the important work we are taking on, we hope you will consider donating some of your time to our efforts and become a Board member.

Winter is clearly here – enjoy the kids and grand-kids, watch out for the ice, enjoy the Winter landscape and seascape, watch the lovely snow coming down (but only little snow) and just plain have a great Winter!

Jack Brown, FHCOA President

Membership Form 2016-2017

Checks Payable: FHCOA **Attn: Andrea Terney, Treasurer**
100 Oak Street, Harwich, MA. 02645

Member: _____ Annual/Individual: \$5.00 _____

Member: _____ Lifetime/Individual: \$40.00 _____

Address: _____ Phone: _____

Email: _____

Additional Donation Appreciated: \$ _____

Designated for: Minibus Operation _____

Senior in Need Support _____

Board of Directors

Jack E. Brown, Chairman

Andrea Terney- Treasurer

JoAnne Brown, Secretary

Bob Widegren

Nan Bailey

Council on Aging Board

Adrienne Johnson -Chair

Joe Johnson-Vice Chair

Ralph Smith

Lee Culver

Michael Smith

Richard Waystack

**The COA Board is
currently looking
for 1 NEW COA
Board Member!**

COA Disclaimer

The Harwich COA offers many legal, financial, medical, recreational and other services and /or activities by volunteers or nominal cost practitioners. Seniors participating in those services do so with the understanding that the Harwich COA, the Town of Harwich or its employees do not assume any legal or other responsibility for any advice or services rendered by such volunteers or nominal cost practitioners.

**Harwich Council on Aging
Mission Statement**

The Council on Aging provides comprehensive support for Harwich's senior population, including services for socialization, information and referral, entertainment, health promotion and education. Through these services and as an advocate for seniors in the community and beyond, the COA enhances the quality of life for the town's seniors and their caregivers.

Office of Elder Affairs

provided by the Executive

The Harwich Council on Aging newsletter printing is made possible with a Grant

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." - Mark Twain

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